

Walter Urban to Attempt 3rd Guinness Weightlifting World Record in May 2015 at 57

NEWS ALERT Hazleton, PA / Guelph, Ontario – 1.14.15: Two-time Guinness World Weightlifter Record holder Walter Urban announced he will be finalizing plans to attempt a 3rd Guinness World Weightlifting Record in April 2015.

The effort to break another established Guinness World Weightlifting record is the result of team work over a 24-month period, supported by 16 years of core work. The effort is to bring attention to the fact **“Age is not a Barrier”** and adults can continue to remain healthy and get stronger longer than even before, well into their 50’s and 60’s and to stress the fact that **“steroids are not always necessary”** to reach new heights in athletic performance. The goal is to raise awareness and success of “drug free” performance among young amateur athletes around the US and Canada.

Urban set a 2nd weight lifting record in September 2012 in Niagara Falls. Walter lifted a 215 lb weightlifting bar 49 times over the 60 seconds for the 10535 lbs and the new record.

<http://www.youtube.com/watch?v=abtGj6GAMmk>

Details are being finalized on the exact time, location and venue for the attempt.

In 2011, Urban broke the then current Guinness Book of World Records, and set the present record for the most amount of weight lifted squatting in one hour September 15th, 2011 – drug free on **Live with Regis and Kelly**. Walter’s record weight was 127,245 lbs which was accomplished by completing 904 squats in one hour, or 15 squats per minute, at an average weight of 140 lbs for 60 minutes.

Walter is a US Citizen and a landed Canadian immigrant living in Ontario. He was once again independently drug tested for all performance enhancing drugs by Evans OCC Health Clinic in Toronto Canada in conjunction with Health Street NYC and tested negative for all tests.

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